

# theSOURCE

"Training Minds for Exceptional Practice"

## IN THIS ISSUE

- |                                    |   |   |
|------------------------------------|---|---|
| 2 • HOLIDAY BLUES: A FAMILY AFFAIR | 5 • SHARED PARENTING                              | 9 • CHILD SEX TRAFFICKING CONT.                             |
| 3 • COLORING: STRESS REDUCER       | 6 • CHILD PASSENGER SAFETY                        | 10 • ONLINE TRAINING  |
| 4 • DOMESTIC VIOLENCE              | 7 • CHILD PASSENGER SAFETY CONT                   | 11 • REGISTRATION INFORMATION TEMPORARY SAFE HAVEN REDESIGN |
| 5 • THE NEW SCHOOL YEAR            | 8 • CARA—THE COMPREHENSIVE ADDICTION RECOVERY ACT | 12 • OCT-DEC TRAINING CALENDAR                              |
|                                    | 9 • CHILD SEX TRAFFICKING                         |   |

DESIGN BY: ERIN TEAGLE, MA  
EDITED BY: TRISTA DAVIS, MSSW

A QUARTERLY PUBLICATION OF THE CHILD WELFARE TRAINING ACADEMY

CWTA is pleased to bring you **theSOURCE**, the newsletter of the DC Child & Family Services Agency Child Welfare Training Academy. Each issue of **theSOURCE** will provide you with updates on new classes, highlight special offerings, and give you the information you need to get the most out of the professional development opportunities offered by CWTA. If there are topics or training events you would like to see addressed, please let us know by contacting us directly at [erin.teagle2@dc.gov](mailto:erin.teagle2@dc.gov).

## HEALING THE HOLIDAY BLUES: A FAMILY AFFAIR

By Carolyn Lander, Resource Parent In-service Training Coordinator

When a child is removed from their home due to abuse or neglect, they can go through the very difficult process of grieving the loss of their birth parents, siblings, extended family and traditions. Trauma induced disorders are also possible if the circumstances of their loss were violent or shocking. In some instances, foster children/teens may have problems expressing their grief and publicly acknowledging or mourning their losses impacting immediate support from others. In some cases children /teens may engage in violent play, have outburst, or be withdrawn from people & the home environment. When this happens, resource parents often mislabel expressions of grief and loss as "dangerous risk-taking, hyperactivity, self-destructive, or anti-social behaviors". The "Healing the Holiday Blues: A Family Affair" interactive training will help unpack these behaviors associated with grief and loss and provide strategies for supporting children, youth, and their families through the grieving process.

In "Healing the Holiday Blues: A Family Affair" resource and biological parents will learn to read the signs/ behaviors of grief and loss in children/teens who might not be able to tell you when they are in need. We will discuss the importance of recognizing relationships with people, places and things that they may trigger a sense of loss. We'll learn how grief and loss can be experienced when children/teens are initially being placed in your home or when reunification with the biological parents or family is pending. We will also discuss how unrecognized grief and loss, if unsupported by others, may cause children/teens to have a harder time adjusting to change. Finally, this training will discuss the importance of "Shared Parenting" and the development of relationships and agreements between resource parents, biological family members to mutually help children/teens heal and increase timelier permanency.

CWTA's training goal is to teach children, youth and parents the skills they need to help lessen feelings of anxiety, grief, and loss.



## HEALING THE HOLIDAY BLUES: A FAMILY AFFAIR CONT.

### MORNING SESSION: Workshops for children:

Matching Game: Helping children/teens and parents understand their feelings and actions

Sculptured Memory: Using clay to make images of the person, place or thing they loss

Art Exploration: Making hand prints and memories to process loss

Gaming: Providing grief and loss maze game for participants

### AFTERNOON SESSION: Parents and children will be making memory boxes together.

**Join us, Saturday November 18th, 9 AM-4:30 PM, at CFSA 200 I Street SE, Washington, DC**

**for "A Family Affair", a six hour (6) inter-active training for the whole family!**

- Workshops provided for CFSA children/youth ages 3 – 15 will help them understand the effects of grief and loss
- CFSA teens ages 16-18 can learn, teach, and earn "Community Service" hours
- Children/teens and family members are welcome to attend with social worker permission
- Lunch will be served and parking is free across from the CFSA building.

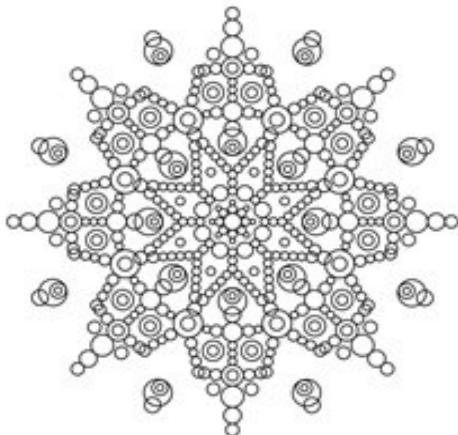
Please call the course registration line **(202) 727-5329** to register. For more information, please contact In-service Training Coordinator, Carolyn Lander (202.727.7571 carolyn.lander@dc.gov).

## COLORING: STRESS REDUCER

Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults-- namely for its de-stressing power.

The practice generates wellness, quietness, and also stimulates brain areas related to motor skills, the senses and creativity.

Santos, E. "Coloring Isn't Just For Kids. It Can Actually Help Adults Combat Stress. Retrieved September 21, 2015. [http://www.huffingtonpost.com/2014/10/13/coloring-for-stress\\_n\\_5975832.html](http://www.huffingtonpost.com/2014/10/13/coloring-for-stress_n_5975832.html)



## PROMOTING CHILD SAFETY IN THE PRESENCE OF DOMESTIC VIOLENCE

By Dawn Prather, LICSW & Tracie Nelson, LICSW

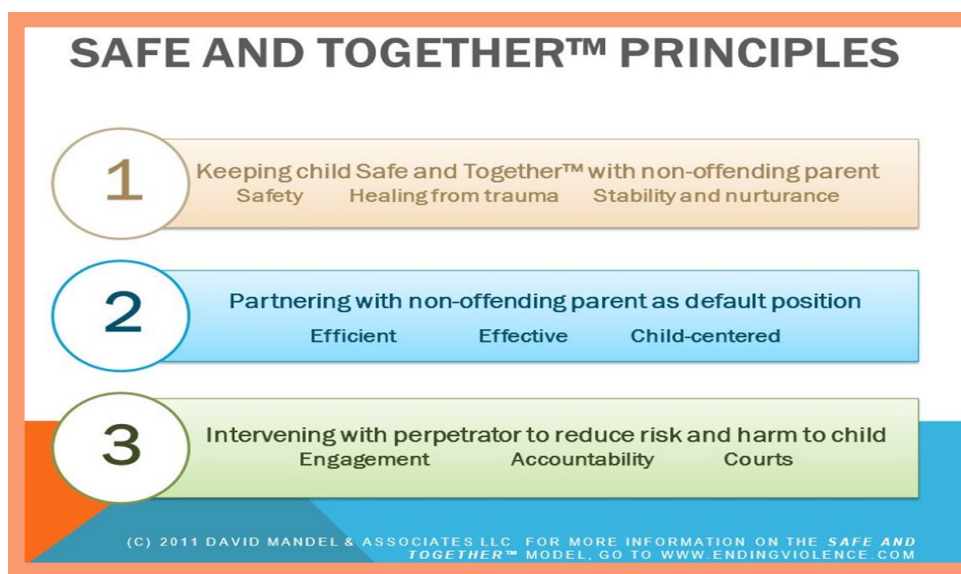
Domestic violence, also referred to as intimate partner violence, is a pattern of behaviors, including intimidation, physical assault, battery, sexual assault, and/or other abusive behaviors, demonstrated by one partner to obtain and maintain power and control over another partner in an intimate relationship. Domestic violence is somewhat of a misnomer as only manifesting itself through physical violence. While physical violence is often present, it is **not** the only component that defines domestic violence. The perpetrator's pattern of coercive control is the most important factor that anchors the practice of domestic violence between intimate partners.

Domestic violence is devastating and affects every racial, socio-economic, and cultural background. The DV impact wreaks havoc on the entire United States of America, and the District of Columbia is no exception. In 2013, 32,794 domestic violence-related calls were made to the Metropolitan Police Department. This equates to approximately one call every 16 minutes. Additionally, the Domestic Violence Intake Center (DVIC) located at United Medical Center, in Ward 8, served over 400 more persons in 2013 than 2012, an increase of 20%. This is staggering and has implications for our work with children and families.

To support CFSA involved families with domestic violence concerns, the Safe and Together® Model was introduced to CFSA staff in 2014. The agency continues to support the position of assisting child welfare workers with developing and honing the necessary skills to engage, assess, and provide beneficial interventions for families impacted by domestic violence. The training focuses on exploring the Safe and Together® Model as a child centered, perpetrator-pattern, survivor strengths-based approach to working with the domestic violence impacted family.

Since the integration of the Safe and Together® model, workers have demonstrated an improved ability to identify domestic violence within impacted families. Domestic violence referrals and consultations via the Office of Wellbeing (OWB) have increased. In fiscal year 2016, the Office of Well-being received 239 referrals. So far, in fiscal year 2017, OWB has received 376 referrals. Consultations with the Domestic Violence Specialist have also increased from 125 in fiscal year 2016 to 257 to date during fiscal year 2017. Our awareness is growing and our families have the opportunity to be linked to relevant supportive services.

CWTA now has Safe and Together® certified trainers who are eager to challenge you in expanding your domestic violence lens. If you are interested in participating, please stay tuned for an email advertisement with upcoming course offerings.



NCADV. (2015). Domestic violence national statistics. Retrieved from [www.ncadv.org](http://www.ncadv.org)

DC Coalition Against Domestic Violence (2015). Domestic violence in the District of Columbia: 2013 statistical snapshot. Retrieved from <http://dccadv.org/img/fck/file/2013%20DC%20DV%20Statistics%20One%20Page.pdf>

Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M. (2011). The national intimate partner and sexual violence survey: 2010 summary report. Retrieved from [http://www.cdc.gov/violenceprevention/pdf/nisvs\\_report2010-a.pdf](http://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf).

National Network to End Domestic Violence (2015). 2014 domestic violence counts: A 24-hour census of domestic violence shelters and services. Retrieved from [http://nnedv.org/downloads/Census/DVCounts2014/DVCounts14\\_NatlSummary\\_Color-2.pdf](http://nnedv.org/downloads/Census/DVCounts2014/DVCounts14_NatlSummary_Color-2.pdf)



# THE NEW SCHOOL YEAR IS HERE

By Tim Wallace, Training Specialist



Now that school is back in session, here are ways to stay engaged beyond the hustle and bustle of the “back-to-school” crunch. Please take advantage of these pointers from PBS-Kids which also provides opportunities to promote the shared parenting experience throughout the school year:

- **MEET THE NEW TEACHER AND STAY INVOLVED**

For kids, one of the biggest back-to-school fears is “Will I like my new teacher?” To calm everyone's fears, please take advantage of your school's open house and future parent-teacher conferences. This is a great opportunity to get to know the teacher and monitor the academic progress of your child. It also allows for great bio-parent involvement to support parent-child connection.

- **TOUR THE SCHOOL & PARTICIPATE IN ACTIVITIES**

Request a tour of the school and a calendar of school events. Help your child learn their new environment to prevent them from feeling anxious. Together you can plan to attend school activities to help the child stay involved. With older children, allow them to take the lead and have them to give you updates of school club activities. Again, involve the bio-parent to keep them connected to the educational and social wellbeing of their children.

- **CONNECT WITH FRIENDS**

A familiar friend can ease the transition during the new year. You might try to connect with existing friends of your child to monitor their peer circle. Refresh positive peer relationships by scheduling group activities, study sessions, and social activities throughout the year.

- **TOOL UP AND PROVIDE POSITIVE REINFORCEMENT**

Preparation is the key! Beyond the basic supplies, allow for a couple of splurges throughout the year on a cool notebook or a favorite-colored pen as positive reinforcement. Check in with the birth parent who may be able to identify ways of empowering their children and relay information to the birth parent about how well their children are doing in school during planned visits or in phone calls through out school year. Ongoing planning with the birth parent around the educational growth and development of their child helps them to remain vested.



For more pointers, check the PBS Kids website at <http://www.pbs.org/parents/education/going-to-school/back-to-school/back-to-school-tips-for-parents/>.



## SHARED PARENTING

By Lorice Parker, LGSW

The old concept of "It takes a village to raise a child" is not so old. Child and Family Services has joined the movement to make this concept a reality for every family served. Some of you may ask, "What is shared parenting and why is it important?"

Shared Parenting is the building of positive alliances between you and birth parents on behalf of the children in foster care. It is important because it helps children to feel loved; it helps birth parents acquire new skills while forming relationships; it helps you practice skills and impact the lives of children through positive work with their family, and it supports quicker permanency. CWTA will be offering training opportunities to you, birth parents, and social workers to learn more about the benefits of shared parenting.



As you continue working with bio-families, we hope that you will begin to incorporate the "shared parenting" philosophy into the fabric of support you provide to the children you love and nurture in your home. Are you wondering, "How do I do this?" or "What if the birth parent is difficult?" These are normal concerns. CWTA has some suggestions for you that will be shared in an upcoming training. Remember, you are a vital part of the family's village. Let's all share the responsibility of fostering connections, building supportive relationships, and increasing timelier reunification! Watch for a new training announcement that will provide you with more details!

## CHILD PASSENGER SAFETY

By Mary Eradiri, LICSW

Do you know that a high number of caregivers are unaware of the proper use of car seats and seat belts? According to SAFE KIDS, a worldwide non-profit agency devoted to keeping children safe, 73% of car seats are not used or installed correctly.

As resource parents, you are often required to perform the important task of transporting children in your care to visits and to a variety of appointments or events. As such, it is incumbent upon you, to keep the children safe. This includes ensuring that the children are well protected in the vehicle through the proper use of safety restraints such as car seats, booster seats and seat belts. In addition to it, being required by law, child safety seats provide the best protection for infants and children.

Sadly the incident of automobile accidents is very high. The National Highway Traffic and Safety Administration (NHTSA) reports that in 2015, one child under 13 was involved in a car crash every 33 seconds. Safety restraint systems such as car seats and booster seats significantly reduce the risk of injury or even death of children when involved in an automobile accident. Car seats and booster seats work best when installed correctly. In 2015, among children under 5, car seats saved an estimated 248 lives. A total of 316 children could have survived if they had been buckled up 100 percent of the time!

We recommend that when transporting children in a vehicle, you take a few minutes before getting behind the wheel to ensure that all car seats and booster seats are installed correctly and that all children are buckled up. The proper use of car seats and other safety restraint systems greatly minimizes the probability of injury. Children are better protected when riding in a rear facing car seat and it is recommended that they ride in an appropriate rear facing car seat for as long as possible. Additionally, children should ride in the back seat of a vehicle until they are at least 13 years old.

## CHILD PASSENGER SAFETY CONT.

To ensure the safety of your children NHTSA, recommends that you: Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.

Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.

To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements. NHTSA

A good rule of thumb to follow is:

- **SELECTION** -select the right car seat based on your child's height and weight
- **LOCATION** -ensure that the car seat is placed in the right location in the vehicle
- **DIRECTION**- orient the car seat in the correct direction so if it is rear facing that is how it should be placed in the vehicle and vice versa.
- **INSTALLATION**- The car seat should be installed in the vehicle following the manufacturer's instruction

*Please note that the manufacturer's instruction can be found on the side and bottom of the car seat and in the owner's manual.*

To determine if your car seat is properly installed, you can have it checked at the following locations:

---

**DC Department of Motor Vehicles**

**Phone: 202-729-7125**

---

**District Department of Transportation**

**Phone: 202-409-0234**

**SAFE KIDS Children's National Health Systems**

**Phone: 202-476-3618**

---

**DC Metro Police Department**

**Phone: 202-437-8030**

---



# THE COMPREHENSIVE ADDICTION AND RECOVERY ACT (CARA)

By Roni Seabrook, MSW

The Child Abuse Prevention and Treatment Act (CAPTA), is the key Federal legislation addressing child abuse and neglect and authorizes funding to states to improve their child protection services and systems. As amended in 2010, CAPTA set forth requirements for states to address the needs of substance affected infants to include Fetal Alcohol Spectrum Disorder (FASD). On July 22, 2016, President Obama signed the Comprehensive Addiction and Recovery Act (CARA) into law that addresses the various aspects of substance use disorder specifically the issues of opioid addiction in the United States.



As applied to child welfare agencies across the country, the goal of CARA is to help states address the harmful effects of substance abuse on infants, children and families. Together, CAPTA and CARA require states to have policies and procedures in place to support the safety, health and wellness of the effected child and caregiver.

CFSA is responding to CARA on all fronts:

- Reminding the DC medical community of CAPTA and the mandated reporting requirement of notification through the Child Abuse and Neglect Hotline for pre-natal substance affected and FASD impacted newborns
- Screening in of ALL reports of positive toxicology and FASD newborns
- Developing plans of safe care within the CFSA practice continuum to help the affected caretaker with substance use and/or mental health treatment needs that includes the health needs of the affected infant
- Ensuring supports and service linkages are being planfully provided for the affected caregiver and newborn (Substance Use referral, Early Intervention Services, CFSA Nurses Referral, At-Risk Family Team Meetings)

Discussions of safe sleep arrangements will be ongoing to help reduce the risk of sleep-related infant death for substance affected infants, referrals to APRA for the impacted parent/caregiver, referrals to early intervention services, at-risk FTM referrals are other practice considerations for this population. **How does CARA impact you as a Foster Parent?** When newborns are removed under these circumstances, your supportive role will be to model appropriate caregiving behaviors and offer encouragement to the substance affected bio-parent while they address their substance use issues.

Additional information and guidance concerning CARA is forthcoming.

Stay tuned!



# CHILD SEX TRAFFICKING: HOW CAN I HELP?

By Jennifer Gillyard, MSSW & Deborah Wilder, MPA

As caregivers, you play a vital role in helping to identify and prevent circumstances of child sex trafficking. Children and youth in foster care are particularly vulnerable to sex trafficking due to their often unmet needs for love, affirmation, and attention.

While any child is at risk, child sex trafficking disproportionately impacts children with increased social, economic, and environmental vulnerabilities.

Traffickers can be family members, friends, or strangers to the trafficked child/youth. Reports indicate that traffickers recruit children and youth near group homes, malls, bus stops, truck stops, and other public places where young people congregate. Additionally, access to technology has significantly changed the way traffickers target and recruit youth.

Sex trafficking is said to be a crime that “happens in plain sight.” Children and youth rarely disclose that they have been sexually exploited. Trafficked youth and children often suffer from depression, hostility, stress, anxiety, posttraumatic stress disorder (PTSD), fear of authority, and fear of those who are exploiting them.

Outward signs may appear as simple as difficult behavior or resistance to assistance but could also take on more extreme characteristics:

- Chronic runaway (especially with increased frequency or duration)
- Involvement in the juvenile justice system
- Large amounts of cash or prepaid credit cards
- Hotel keys, receipts, or matches
- Presence of an overly controlling or concerned older boyfriend or female
- Youth who have items that do not fit their situation (a runaway with new clothes/shoes, hair/nails done, electronics)
- Increasingly truant or absent from school
- Significant change in behavior—becomes detached, starts sleeping in school—or behavior in person or online becomes overtly sexual or preoccupied with money
- Use of prostitution-related terms
- Evidence of unexplained travel
- Multiple sexually transmitted infections (STIs), pregnancies, or unexplained injuries

## STRATEGIES TO ENGAGE AND ASSIST SURVIVORS

When we engage a young person who is a potential victim, it is important to remember that the reasons children and youth become involved in sex trafficking vary significantly. In order to effectively engage with children and youth in your care, it is important to understand their unique experience.





## CHILD SEX TRAFFICKING: HOW CAN I HELP? CONT.

This list provides strategies for engaging and assisting youth in your care in a way that helps them feel safe and encourages engagement:

- Embrace the experience of the youth in your care. Acknowledge when you don't understand the youth's experience, and ask them to help you to understand.
- Set appropriate boundaries and limitations that maintain accountability for you and the child.
- Be open about your strengths and limitations related to how you understand their situation.
- Set clear expectations and rules around behavior and relationships outside of your home. Be diligent with supervision and friendships in order to have awareness of the company they keep and continued solicitations they may receive.
- Be diligent and clear about rules, limitations, and expectations with access and usage of technology and social networks.
- Be clear about how you plan to "parent" them and provide them information on consequences for violations of these behaviors.
- Keep rules consistent between non-lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth and LGBTQ youth.
- Take time to have conversations with the young person in your care. This will be invaluable to them. Regardless of whether they view themselves as a victim or not, many youth who engage in sex trafficking are looking for accountability and someone to understand them.
- Understand that leaving the life can be difficult for some youth, especially if they perceived that their trafficker cared about them and provided for them (e.g., clothing, money, food). Be prepared for youth to have mixed feelings about leaving the life, and there are a lot of triggers that can cause them to miss the trafficking situation or their trafficker.
- Understand that youth may not appreciate or be grateful that you have taken them into your home. This may seem ridiculous to you, since they are now in a much safer and more stable place. There are many reasons for this, such as grief associated with the loss of friendships, feelings of being undeserving of a healthy lifestyle/situation, feelings of isolation and not fitting in, and lack of critical thinking skills about how to earn money and get the things they want in a healthy environment.
- Maintain open and ongoing communication between the youth's social worker and therapist. It is likely that they will be more involved with these youth than children who are not victims of sex trafficking.
- Give them opportunities to create, have fun, and play—and celebrate their strengths.

(Capacity Building Center for States (2015). *Child welfare response to child & youth sex trafficking: Care-giver's curriculum*. Washington, DC)



# ONLINE TRAINING

**Upon completion of each online course, please print your certificate immediately and send them to your Resource Development Specialist or Licensing Specialist within 15 days of completion!! Remember, only 9 hours of online training is permissible within your 2 year in-service training cycle.**

## CWTA APPROVED ONLINE SITES:

- **[www.freestatesocialwork.com/dccfsa](http://www.freestatesocialwork.com/dccfsa):** Trauma Systems Therapy (TST) project is one tool CFSA is utilizing to fulfill our mission with children in foster care. CFSA supports foster parents as they work to make a difference in the lives of children in need. The TST program will benefit both our foster parents and our children as parents gain additional knowledge and enhance their parenting skills. This program will provide a better understanding of the children in your home and the trauma they have experienced as you continue to give your time, love and understanding. See below for log-in instructions.
- **<https://dc.mandatedreporter.org/pages/Welcome.action>:** Free online DC mandated reporter training
- **[www.fosterparents.com](http://www.fosterparents.com):** One year membership: \$24 (not reimbursable).
- **<http://www.dshs.wa.gov/ca/fosterparents/training.asp>** : The entire *FosterParentsScope* Training program is presented in this award-winning Web site from Washington State. Adapted from the SUNY *FosterParentsScope* curriculum.
- **<http://www.fosterparentstest.com/store/index.htm>** : A wonderful selection of online courses for resource parents covering topics from high needs babies to a range of disorders and challenges. Note that there is a non-reimbursable associated cost for each course.
- **<http://www.fosterparentcollege.com/>:** FosterParentCollege.com's Self-Paced training is accessible 24 hours a day, seven days a week. From the comfort and safety of home, parents can enroll, complete a course, and receive a certificate of completion in a single session. FPC has conducted more than 80,000 online training sessions since 2004. Designed by nationally recognized experts in the fields of parenting, pediatrics, psychology, psychiatry, and education, FPC courses are valued by foster care agencies and praised by caregivers. Many of our classes are also available on DVD at our website [www.SocialLearning.com](http://www.SocialLearning.com).

**Need more information? Contact Aretha Wells, Program Specialist at [aretha.wells@dc.gov](mailto:aretha.wells@dc.gov).**

## FREESTATE ONLINE TRAINING INSTRUCTIONS



To start your training, please go to [www.freestatesocialwork.com/dccfsa](http://www.freestatesocialwork.com/dccfsa). If this is your first time visiting, you will need to register for an account. Here you will create a user name, enter your personal registration information, and create a password. Toward the bottom of the registration page, it says "If your agency has established a custom training code, please enter it here." Your custom training code is **cfsa-tst** and needs to be entered in this box.

After you have entered your registration information, click on "Register for a Free Account" to complete your registration. Please write down your username and password. In the future, you will need both of these to log in to the site.

Once you have completed your registration, you will be prompted to log back in. Log back into the site and select "Washington DC Child and Family Services Agency" to get to the training courses.

Now you are ready to read your training manual and complete the quizzes. Quizzes need to be completed in sequential order before moving on to the next quiz. **ONCE YOU HAVE PASSED ALL OF THE QUIZZES, YOU WILL BE ABLE TO PRINT A CERTIFICATE OF COMPLETION.**

In the future, once you are registered, you will simply go to the website and log-in using your user name and password to continue.

\*If you have already registered for an account, but are beginning the CFSA course for the first time, you will need to: (1) log-in (2) choose "Update your account information" (3) enter the CFSA custom training code: cfsa-tst on your profile page, (4) choose "Update profile" at the bottom, and then (5) choose the option to "Return to Trauma Systems Therapy Training Page."



## REGISTRATION INFORMATION

### REGISTRATION IS REQUIRED FOR ALL CLASSES

The Child Welfare Training Academy has heard your request for online registration! We are pleased to introduce you to CourseStorm! This online platform will allow you to register for CWTA offered training from the comfort of your home day or night! To register for classes please go to [cwta.coursestorm.com](http://cwta.coursestorm.com). You will need an email address to utilize this new system. For assistance with registration using CourseStorm for the first time, please contact CWTA's Resource Parent In-Service Training Coordinator Carolyn Lander via email at [carolyn.lander@dc.gov](mailto:carolyn.lander@dc.gov) or phone at 202-727-7571.



# CourseStorm

### OR

You can call the registration line at **(202) 727-5329** to register by phone. You can also register electronically by emailing the Course Registration Form to [cwta.training@dc.gov](mailto:cwta.training@dc.gov). The form is located at the end of this newsletter.

- **PLEASE REGISTER EARLY TO SECURE YOUR ADMISSION IN EACH COURSE.** Registrations will not be accepted within 48 hours of a course start time.
- **IF YOU REGISTER FOR A TRAINING EVENT BUT WILL NOT BE ABLE TO ATTEND, PLEASE CALL (202) 727-5329 AS SOON AS POSSIBLE.**

## TEMPORARY SAFE HAVEN REDESIGN AND CWTA

### MEETING YOU WHERE YOU ARE!!!

During the Temporary Safe Haven Redesign (TSHR), the Child Welfare Training Academy (CWTA) is committed to supporting you and your training needs. While we realize that you are required to take 30 hours of training over a period of two years (at least 21 classroom and up to 9 online hours), for those of you impacted by TSHR, we don't want training barriers to prevent the transfer of your foster home license. We will support you in completing any outstanding in-service training hours, either through CWTA, your agency, through approved training at a community provider, and/or on-line. All training courses must be approved by CWTA for the training hours to count toward the required 30 hours.

**WHERE CAN I TAKE TRAINING?** Approved courses are offered at CFSA offices, CFSA-contracted foster care agencies, community-based organizations, and online on the approved websites listed in theSource. In some cases, training on specialized topics called "table top" training can be held at your home.

**REMINDER!** In-class registration is required. No "walk-ins" permitted. Have questions? Ready to register? You can call the CWTA registration line at (202) 727-5329, email the course registration form to [cwta.training@dc.gov](mailto:cwta.training@dc.gov), or register online at [www.cwta.coursestorm.com](http://www.cwta.coursestorm.com) when it goes live on Oct. 1, 2017!



DATES, TIMES AND LOCATIONS ARE SUBJECT TO CHANGE

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<b>WEDNESDAY, OCTOBER 7, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:00PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>TRAUMA-INFORMED CAREGIVING (MOD 1 &amp; 2):</b> This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing. Module Two, Strategies for Addressing Child Traumatic Stress, focuses on helping resource parents connect the dots among a child's trauma history, trauma triggers, and episodes of emotional and behavioral dysregulation so that caregivers can prepare and tailor their response to reduce triggers and support their child in staying regulated.  <b>TRAINERS: CWTA TRAINER</b>	<b>6</b>
<b>SATURDAY, OCTOBER 14, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-5:00PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>AHA CPR/FIRST AID TRAINING:</b> Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.  <b>TRAINER: AHA CERTIFIED TRAINERS</b>	<b>5</b>
<b>THURSDAY, OCTOBER 19, 2017</b> 9:00AM-4:30PM <ul style="list-style-type: none"> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>HUMAN TRAFFICKING: VOLUME II:</b> The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurse, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.  <b>TRAINER: CWTA TRAINER</b>	<b>6</b>
<b>SATURDAY, OCTOBER 21, 2017</b> 10:00AM-3:00PM <ul style="list-style-type: none"> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>TRAUMA-INFORMED CAREGIVING (MOD 3 &amp; 4):</b> This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing. See description of all four modules, on page two.  <b>TRAINERS: CWTA TRAINER</b>	<b>4</b>





DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<b>SATURDAY, OCTOBER 28, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-2:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>FETAL ALCOHOL SYNDROME:</b> <i>The Child Welfare Best Practices with Fetal Alcohol Spectrum Disorder (FASD) course will provide Social Workers, Family Support Workers, Resource Parents, Nurses, and Child Family Service Agency (CFSA) community partners with an overview of causes and symptoms of the disorder. Perspectives of the impact on the disorder on service delivery with families within the District of Columbia CFSA will be discussed. Additionally, the course will provide participants with an overview of best practices to assist with effective service delivery and improving case outcomes.</i> <b>TRAINERS: CWTA TRAINER</b>	<b>4</b>
<b>SATURDAY, OCTOBER 28, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-5:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>AHA CPR/FIRST AID TRAINING:</b> <i>Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) &amp; First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.</i> <b>TRAINER: AHA CERTIFIED TRAINERS</b>	<b>5</b>

## NOVEMBER 2017

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<b>SATURDAY, NOVEMBER 4, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>TRAUMA-INFORMED CAREGIVING (MOD 1 &amp; 2):</b> <i>This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing. See description of all four modules, on page two.</i> <b>TRAINERS: CWTA TRAINER</b>	<b>6</b>
<b>SATURDAY, NOVEMBER 4, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-5:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>AHA CPR/FIRST AID TRAINING:</b> <i>Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) &amp; First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.</i> <b>TRAINER: AHA CERTIFIED TRAINERS</b>	<b>5</b>

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<b>WEDNESDAY, NOVEMBER 8, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:30PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<p><b>HUMAN TRAFFICKING: VOLUME II:</b> The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurse, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.</p> <p><b>TRAINER: CWTA TRAINER</b></p>	6
<b>SATURDAY, NOVEMBER 11, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-3:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<p><b>TRAUMA-INFORMED CAREGIVING (MOD 3 &amp; 4):</b> This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing. See description of all four modules, on page two.</p> <p><b>TRAINERS: CWTA TRAINER</b></p>	4
<b>THURSDAY, NOVEMBER 16, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:30PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<p><b>WORKING EFFECTIVELY WITH LGBTQ YOUTH:</b> this training will help participants learn how best to work with youth who self-identify as lesbian, gay, bisexual, transgender, and questioning (LGBTQ). The course offers clear definitions and experiential exercises that allow participants to better understand the thought and feelings of the LGBTQ population.</p> <p><b>TRAINERS: CWTA TRAINER</b></p>	6
<b>SATURDAY, NOVEMBER 18, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-5:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<p><b>AHA CPR/FIRST AID TRAINING:</b> Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) &amp; First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.</p> <p><b>TRAINER: AHA CERTIFIED TRAINERS</b></p>	5
<b>SATURDAY, NOVEMBER 18, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:30PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<p><b>HEALING THE HOLIDAY BLUES: A FAMILY AFFAIR:</b> Workshops provided during this event for CFSA children/youth ages 3 – 15 will help them understand the effects of grief &amp; loss. CFSA teens ages 16-18 have the opportunity to learn, teach &amp; earn "Community Service" hours. Children/teens and family members are welcome to attend with social worker permission.</p> <p><b>**Lunch will be served**</b></p>	6

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<b>SATURDAY, DECEMBER 2, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-5:00PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>AHA CPR/FIRST AID TRAINING:</b> Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) & First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.  <b>TRAINER: AHA CERTIFIED TRAINERS</b>	<b>5</b>
<b>SATURDAY, DECEMBER 2, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-1:00PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>DE-ESCALATION:</b> This training will offer a means to engage with an individual during a potentially dangerous or threatening situation. The purpose of this training is to reduce the risk of physical injury to the child development professional, the resource parent, and or adult being engaged.  <b>TRAINERS: CWTA TRAINER</b>	<b>3</b>
<b>SATURDAY, DECEMBER 2, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:00PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>TRAUMA-INFORMED CAREGIVING (MOD 1 &amp; 2):</b> This interactive training will provide resource parents with knowledge and skills needed to recognize the impact of trauma on the children and adolescents in their home and learn strategies to manage this impact and promote healing. See description of all four modules, on page two.  <b>TRAINERS: CWTA TRAINER</b>	<b>6</b>
<b>THURSDAY, DECEMBER 7, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:30PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>HUMAN TRAFFICKING:</b> The Understanding and Preventing Human Trafficking in Child Welfare course will provide Social Workers, Resource Parents, Nurse, and other CFSA community partners with information about the commercial sexual exploitation of children (CSEC). This course will introduce participants to current federal and local laws and policies regarding CSEC, terminology related to CSEC, best practice guidelines for identifying and preventing CSEC, and provide participants the opportunity to explore cultural considerations as it relates to CSEC as well as their own beliefs and values. The course will also cover ethical considerations, such as documentation, communication and professional behavior.  <b>TRAINER: CWTA TRAINER</b>	<b>6</b>
<b>SATURDAY, DECEMBER 9, 2017</b> <ul style="list-style-type: none"> <li>8:00AM-5:00PM</li> <li><b>Washington, DC</b> The location will be specified in your confirmation letter</li> </ul>	<b>YOUTH MENTAL HEALTH FIRST AID:</b> This 8 hour course teaches lay-persons how to recognize the signs and symptoms of Mental Illness and Substance Use disorders, deescalate crises, provide comfort, and refer individuals to professional services. The program utilizes interactive exercises and role playing activities to teach a unique action plan for helping others.	<b>8</b>

DATE/TIME/ LOCATION	TITLE/OBJECTIVE/TRAINER	TRAINING HOURS
<b>WEDNESDAY, DECEMBER 13, 2017</b> <ul style="list-style-type: none"> <li>9:00AM-4:30PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>CHILD &amp; ADOLESCENT DEVELOPMENT:</b> <i>This training will provide a foundation of knowledge regarding various theories on the stages of development. It will explore age-appropriate behaviors, as well as adaptive methods for managing behavioral concerns will be discussed. Given the dynamics of maltreatment that initiate child welfare services, the implications of the roles of caretakers and social workers in work with traumatized clients will be discussed.</i>  <b>TRAINERS: CWTA TRAINER</b>	<b>6</b>
<b>SATURDAY, DECEMBER 16, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-5:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>AHA CPR/FIRST AID TRAINING:</b> <i>Training covers infant, child, and adult cardiopulmonary resuscitation (CPR) &amp; First Aid. It is provided to teach the skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness of District wards placed in their homes until medical personnel arrive. This course is a requirement for foster parent re-licensure.</i>  <b>TRAINER: AHA CERTIFIED TRAINERS</b>	<b>5</b>
<b>SATURDAY, DECEMBER 16, 2017</b> <ul style="list-style-type: none"> <li>10:00AM-12:00PM</li> <li><b>Washington, DC</b> <i>The location will be specified in your confirmation letter</i></li> </ul>	<b>SHARED PARENTING:</b> <i>Shared Parenting is the building of positive alliances between resource parents and birth parents on behalf of the children in foster care. This training will help you to understand how to co-parent a child with goal of maintaining, enhancing, and restoring the birth parent and child relationship.</i>  <b>TRAINERS: CWTA TRAINER</b>	<b>2</b>







## CHILD WELFARE TRAINING ACADEMY- COURSE REGISTRATION FORM

Couples registration is prohibited. Primary resource parent, spouse and/or support parent must register individually. Resource Specialist/Family Support Worker will receive notification via email of your confirmation. Participants who arrive 30 minutes beyond the start time for the course will not be admitted into the course, receive credit, or be awarded a certificate. Participants are required to attend the full day to receive their certificates. Child care is not provided unless otherwise specified in the course description. Registrations are nontransferable; if you register but are unable to attend, please contact us at your earliest convenience so we might offer this space to someone else. Email: [cwta.training@dc.gov](mailto:cwta.training@dc.gov) or Phone: 202-727-4798 or 202-727-5329.

### PERSONAL INFORMATION (PLEASE TYPE/PRINT THE NAME OF THE PERSON REGISTERING FOR TRAINING)

LAST NAME:		FIRST NAME:		MIDDLE INITIAL:	
STREET ADDRESS:			CITY:		STATE: ZIP:
PRIMARY PHONE:				EMAIL ADDRESS:	
AGENCY AFFILIATION:				RESOURCE PARENT TYPE:	

### ADDITIONAL INFORMATION

AGE OF THE CHILD(REN) IN THE HOME:

RESOURCE SPECIALIST/FAMILY SUPPORT WORKER:

SPECIAL ACCOMMODATIONS NEEDED:


### TRAINING COURSE INFO (PLEASE CHOOSE OTHER POSSIBLE DATES, AS COURSES TEND TO FILL QUICKLY.)

COURSE TITLE	DATE PREFERENCE #1	DATE PREFERENCE #2